



Peace River High School

peacehigh@prsd.ca

10001 91 Ave
Peace River,
AB
T8S 1Z5



Calendar of Events



April 1-9 -Easter Break/No School

April 12 - Back to school

April 23 - Report Cards Released

May 3 - No School/PD day

Happy Spring Break

*Relax, refresh, and renew....get ready to end
the year with a Bang!*



The Best Way to Stay Informed

If you have not already done so, please contact the school to receive your login information for your students Powerschool Account. It is the best way stay up to date with students attendance, assignments, and comments. You can even email the teachers directly through the app. Just send us a quick email and we can send you the login information.

**Badminton
Coming Soon!**

**If you are
interested,
please see Mr.
White for details.**



Website:
www.peaceriverhigh.ca



Contact:
780-624-4221



Email:
Peacehigh@prsd.ab.ca

NORTHERN LAKES COLLEGE VIRTUAL OPENHOUSE

On April 14, NLC is waiving the application fee!

ENTER TO WIN

1 of 4 prizes of \$500 tuition credit!

REGISTER TODAY!

www.northernlakescollege.ca



NORTHERN LAKES
COLLEGE

April 14 | 6-8 pm



ELAA

Educational Liaison Association of Alberta



Over 1,800 certificates, degrees, diplomas, and trades are available in Alberta.
Let us help you discover the right match for you.

<https://elaa.6connex.com/event/alberta/Student/register>

ELAA

Educational Liaison Association of Alberta

Your connection to Post-Secondary Opportunities in Alberta!

Register now for virtual events:

- April 20, 6-8 pm MDT
- April 21, 11-2 pm MDT
- April 22, 5-7 pm MDT
- April 27, 6-8 pm MDT
- April 28, 3-6 pm MDT
- April 29, 5-7 pm MDT



<https://elaa.6connex.com/event/alberta/Student/register>

ELAA

Educational Liaison Association of Alberta

Alberta University of the Arts
Ambrose University
Athabasca University
Bow Valley College
Burman University
Canadian Forces Recruiting Centre Calgary
Concordia University of Edmonton

Grande Prairie Regional College
Keyano College
Lakeland College
Lethbridge College
MacEwan University
Medicine Hat College
Mount Royal University
NAIT

Norquest College
Northern Lakes College
Olds College
Portage College
Prairie College
Red Deer College
Royal Canadian Mounted Police
SAIT

St. Mary's University
The King's University
University of Alberta
University of Calgary
University of Lethbridge

<https://elaa.6connex.com/event/alberta/Student/register>

COVID-19 ALBERTA HEALTH DAILY CHECKLIST

(FOR CHILDREN UNDER 18)

Overview

This checklist applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing this checklist before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete this screening tool.

Screening Questions

1. Has the child:

(Choose any/all possible exposures)

Traveled outside Canada in the last 14 days? When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project	YES	NO
Had close contact with a case of COVID-19 in the last 14 days? Face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging	YES	NO
If the child answered “YES” to any of the above: <ul style="list-style-type: none"> The child is required to quarantine for 14 days from the last day of exposure. <ul style="list-style-type: none"> If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times. If the child develops any symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended. 		
If the child answered “NO” to both of the above: <ul style="list-style-type: none"> Proceed to question 2. 		

2. Does the child have any new onset (or worsening) of the following core symptoms:

Fever Temperature of 38 degrees Celsius or higher	YES	NO
Cough Continuous, more than usual, not related to other known causes or conditions such as asthma	YES	NO
Shortness of breath Continuous, out of breath, unable to breathe deeply, not related to other known causes or conditions such as asthma	YES	NO
Loss of sense of smell or taste Not related to other known causes or conditions like allergies or neurological disorders	YES	NO
If the child answered “YES” to any symptom in question 2: <ul style="list-style-type: none"> The child is to isolate for 10 days from onset of symptoms. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation. 		
If the child answered “NO” to all of the symptoms in question 2: <ul style="list-style-type: none"> Proceed to question 3. 		

3. Does the child have any new onset (or worsening) of the following other symptoms:

Chills Without fever, not related to being outside in cold weather	YES	NO
Sore throat/painful swallowing Not related to other known causes/conditions, such as seasonal allergies or reflux	YES	NO
Runny nose/congestion Not related to other known causes/conditions, such as seasonal allergies or being outside in cold weather	YES	NO
Feeling unwell/fatigued Lack of energy, poor feeding in infants, not related to other known causes or conditions, such as depression, insomnia, thyroid dysfunction or sudden injury	YES	NO
Nausea, vomiting and/or diarrhea Not related to other known causes or conditions, such as anxiety, medication or irritable bowel syndrome	YES	NO
Unexplained loss of appetite Not related to other known causes or conditions, such as anxiety or medication	YES	NO
Muscle/joint aches Not related to other known causes or conditions, such as arthritis or injury	YES	NO
Headache Not related to other known causes or conditions, such as tension-type headaches or chronic migraines	YES	NO
Conjunctivitis (commonly known as pink eye)	YES	NO

If the child answered “YES” to ONE symptom in question 3:

- Keep your child home and monitor for 24 hours.
- If their symptom is **improving** after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary.
- If the symptom **does not improve or worsens** after 24 hours (or if additional symptoms emerge), use the [AHS Online Assessment Tool](#) or call Health Link 811 to check if testing is recommended.

If the child answered “YES” to TWO OR MORE symptoms in question 3:

- Keep your child home.
- Use the [AHS Online Assessment Tool](#) or call Health Link 811 to determine if testing is recommended.
- Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

If the child answered “NO” to all questions:

Please note: Your child may attend school, child care and/or other activities, do not bring them to visit a continuing care or acute care facility for 10 days from when symptoms started/until symptoms resolve (whichever is longer), unless they receive a negative COVID-19 test result and feel better.

PEACE RIVER SCHOOL DIVISION

STAY AT HOME GUIDE

It's confusing. When should I keep my child home?

This information applies for all children, as well as all students who attend kindergarten to Grade 12, including high school students over 18. Children should be screened every day by completing the Alberta Health Daily Checklist (for children under 18) before going to school, child care or other activities. Children may need a parent or guardian to assist them to complete the screening tool.

My child traveled outside of Canada, now what?

When entering or returning to Alberta from outside Canada, individuals are legally required to quarantine for 14 days unless enrolled in the Alberta COVID-19 International Border Pilot Project. If the child is participating in the Alberta COVID-19 International Border Pilot Project, they must comply with the program restrictions at all times.

My child had close contact with a case of COVID-19 in the last 14 days, how do I respond?

Close contact is face-to-face contact within 2 metres for 15 minutes or longer, or direct physical contact such as hugging. If your child had close contact with a case of COVID-19 in the last 14 days, your child is required to quarantine for 14 days from the last day of exposure. If your child develops symptoms, use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is recommended.

My child is sick. How long do they need to stay home for?

Core Covid-19 Symptoms

- Fever (above 38C or 100.4 F)
- Cough (new or worsening chronic cough)
- Shortness of breath or difficulty breathing (new or worsening)
- Loss of smell or taste (not related to other known causes or conditions like allergies or neurological disorders)

If your child has one of the **core COVID symptoms**, they are required to isolate for 10 days from when their symptoms started. Use the AHS Online Assessment Tool or call Health Link 811 to arrange for testing and to receive additional information on isolation.

If your child does not have any of the core COVID symptoms, proceed to the "other symptoms" information below.

This is my child. Now what?

Other Symptoms






- Chills
- Painful swallowing
- Runny nose/congestion
- Headache
- Muscle or joint aches
- Feeling unwell, fatigue or severe exhaustion
- Nausea, vomiting or diarrhea
- Unexplained loss of appetite
- Conjunctivitis (pink eye)

If your child has one of the **other symptoms**, keep your child home and monitor for 24 hours. If their symptom is improving after 24 hours, they can return to school and activities when they feel well enough to go. Testing is not necessary. If the symptom does not improve or worsens after 24 hours (or if additional symptoms emerge), use the AHS Online Assessment Tool or call Health Link 811 to check if testing is recommended. **If your child has TWO OR MORE of the other symptoms**, keep your child home. Use the AHS Online Assessment Tool or call Health Link 811 to determine if testing is required. Your child can return to school and activities once their symptoms go away as long as it has been at least 24 hours since their symptoms started.

This is my child. Now what?

Information for the creation of this document was taken from the updated COVID-19 Alberta Health Daily Checklist (for Children Under 18) Adapted from Prairie Rose School Division and Grande Prairie Public School Division. UPDATED NOVEMBER 2, 2020

Hot Lunch at Peace High

Monday	Kita North 	Low Mein Noodles (Veggie), Chicken Fried Rice, Chicken balls OR California Rolls
Tuesday	Baptist Church 	Check Announcements or at the office for availability. Not running at this time
Wednesday	Subway 	6 inch sub and a cookie (veggie, ham, turkey or pizza) add your own sauce and veggies
Thursday	Matt's Pizza 	Cheese, Hawaiian and Pepperoni/Bacon
Friday	TBA 	Check Announcements

Hot lunch available for \$5

**Lunch cards can be purchased on SchoolCash online or debit/tap
as payment options**

<https://prsd.schoolcashonline.com/>



Superintendent's Message

Wellness in Peace River School Division

In order for us to learn and be our best, we must feel and be well. Educational research supports this connection and we take this very seriously. We feel we have a great opportunity to not only academically educate our students, but to support, guide, and teach them to honour their overall health and well-being.

To support wellness on a school level in the division, every PRSD school has a designated Youth Education Support Worker, Success Coach or a Family Liaison Worker. The role of PRSD's Youth Education Support Workers, Success Coaches and our Family Liaison Worker is to promote positive mental health in children, youth and families while working closely with school staff. This ranges from presentations, activities and programming that supports problem solving, emotional management, targeted topics, skills for learning, adolescent empowerment, healthy relationships, mindfulness, teamwork and leadership. PRSD also has three divisional Social Workers that provide one-on-one support to students in need.

We also encourage and support our students to be leaders, involved in the community and work together as a team - attributes that serve and inspire our students, communities and society as a whole. Students are also provided with opportunities to represent their school through various committees such as PRSD's Student Engagement Teams and PRSD's Anti-racism Committee.

Healthy eating and active living are important components to health and wellness and we support this through ongoing education, encouraging healthy canteen and vending machine choices, and by providing a broad range of physical education activities in the division.

In closing, I would like to thank all our students, families and staff who completed the Student Mental Health and Wellness Survey sent to students in grades 7-12, parents and staff in early February. The data is currently being reviewed and will be presented to the board of trustees on March 25, 2021 and will be shared with the public shortly after. The data collected from the survey will be used to leverage the board's advocacy efforts to impact positive change to support students and families in having access to the supports and services they need.

Paul Bennett,

PRSD Superintendent of Schools



Wildlife Safety

Spring time is rapidly approaching and everyone will be getting out into the sunshine! Wildlife activity will also be on the increase as they search for food after a long winter. Scented items including food containers, trash, cookware, toiletries and lotions can all be attractants for wild animals. Often adult wildlife will have their offspring with them. This can create an even greater hazard as they will look to protect their young from all perceived threats. It is important to be aware of your surroundings and be making noise to announce your presence. If there is wildlife in the area, space and time should be given to leave the area and avoid any possible conflicts with them.

The Peace River School Division, recognises that many of our schools have encounters with wildlife. When an encounter occurs the schools go into a hold and secure situation where all students and staff are called into the school. The children go on with their day but remain indoors until the principal gives the all clear and students are again allowed outside for their activities.

For more information on wildlife please follow the attached link provided by Alberta Fish and Wildlife: <https://www.alberta.ca/human-wildlife-conflict.aspx>

David Smith

Safety & Wellness Coordinator

